UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat Tues., Jan. 24, 1928.

(NOT FOR PUBLICATION)

Subject: "Ironing with A Professional Touch." Information from Bureau of Home Economics, U. S. Department of Agriculture.

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"Aunt Sammy," said Uncle Ebenezer last night, "what are you going to tell your radio friends tomorrow?"

"Something about ironing," I said. "Why do you ask?"

"Insatiable curiosity," said Uncle Ebenezer. "Are you going to tell them about the time you became so engrossed, in planning radio programs, that you left the iron attached and had to call the fire department?"

"No, indeed," I replied, "and neither will I mention the time you stayed home to help me with the washing, and starched all my dishtowels stiff as boards, and starched your own pajamas so stiff they'd stand alone. There are some things," I concluded, "that should never be told, outside the family, Uncle Ebenezer."

"Lets change the subject," suggested Uncle Ebenezer, "where's that cross-word puzzle book I got for Christmas?"

With Uncle Ebenezer satisfactorily disposed of, I was free to assemble what I know about ironing, in a professional way. One point I learned long ago, and that is, to iron always with the thread of the goods, and iron until the garment is dry. Otherwise it will pucker. Sometimes there will be a shiny gloss on hems, tucks, and seams of garments. I've found a way to remover this gloss. Moisten a piece of cheesecloth with clear water, wring it dry, and wipe it quickly over the shiny surface. I remove slight scorch stains by moistening the fabric, and exposing it to strong sunlight. Of course deeper scorch stains require bleaches.

A word about electric irons. By sad experience, I have learned that electric irons must be given good care, if they are to do good work. One must watch the cord leading from the iron, and mend any breaks with insulating tape, while the current is turned off. When the ironing is finished, and the iron is cold, it should be put in a clean, dry place.

Of course, one must clean the iron occasionally, by rubbing it with wax, or parrafin, and keep the iron hot enough. A cool iron is likely to leave a rust stain. With starched clothes, the iron must be hot enough to glaze the starch;

otherwise the starch will stick, and discolor the fabric.

If I do not intend to use my iron for some time, I grease the polished surface with lard, to keep it from rusting. In case the iron has rusted, I scour it with scouring powder, and rub it well afterward with a flannel cloth.

My folding ironing board is a Christmas gift from Fred, who is in high school. He made the board in his manual training class. If I had the room, I should like to have a table for sheets and other flat pieces, a board for skirts and so forth, and a sleeve board. Since my one board must serve all purposes, I asked to have it made fairly long and wide, with one narrow end. Across this narrow end. Fred tacked a piece of tin, about 8 inches wide, for the iron to stand on. The neatest thing about this board is that it folds right into a little cupboard, out of the way.

I am particular about my ironing board. It must be firmly padded, and covered with a clean white cloth. For padding, I use several thicknesses of an old blanket. Double-faced cotton flannel, the material used for silence cloths on dining tables, is also good. Some people use old sheets for the cover. I prefer new unbleached sheeting. The width of the sheeting makes the length of the cover, so very little material is required. I made the cover myself, hemmed the edges, and sewed four pieces of tape firmly to each side. I have seen ready-made covers in the shops. These covers were laced together, through eyelets.

There is a great deal of information about ironing, and also about washing, in Bulletin Number Fourteen-Ninety-Seven, called "Methods and Equipment for Home Laundering." The laundry bulletin is free. Shall I send it to you?

There are five questions to answer today. Here's the first one: "Will you please tell me how to keep the juice from running out of apple pies when baking?"

Answer: The Bureau of Home Economics recommends that no water be added to apple pie. Practically all apples have moisture enough in themselves to cook up well in a pie. Before you put on the top pie crust, moisten the outside rim of the undercrust, and then fold the upper crust over it. Press the crusts together with a fork. Also be sure to cut slits in the top crust, to allow the steam to escape. If you follow these directions, I think you will have no trouble with the juice running out of your apple pies.

Second question: "Is it harmful for children to drink cocoa for breakfast every morning?"

Answer: I am sending you a free bulletin which discusses food for children. You will find that cocoa for breakfast is recommended for occasional use. However, only enough cocoa for flavoring should be used, and it should not be heavily sweetened. It is better to give children plain milk, as a regu-

lar thing, and use these other beverages only occasionally. The milk in them is, of course, what gives them their chief food value.

Third question: "Is chop suey a well-balanced dish?"

Answer: Chop suey is a very well-balanced dish, containing, as it does, meat and a variety of vegetables. The rice, which is usually served with chop suey, makes this combination enough for the main course of a meal.

Fourth question: "Dear Aunt Sammy: I know you will think this is not a very practical question, but I wish you would please suggest something easy to serve, this time of the year, at an informal evening party."

This question is easy to answer. If you want to serve something hot, the Cheese Toast, on page 25 of the Radio Cookbook, would probably be new to your friends. It is easy to make. Serve the Cheese Toast with a hot beverage, such as coffee, or perhaps hot spiced grape juice, or cider. Another suggestion for your party is fruit salad, with crackers or dainty sandwiches, and a hot beverage. As you look through the radio cookbook I think you will find other suggestions which you can adapt for party refreshments.

Last question for today: "Is there any good way to cook carrots, besides in a stew?"

Dear me, yes! Lots of ways. Ever try Mashed Carrots?

For the Mashed Carrots, you will need four ingredients, only four:

8 to 10 medium sized carrots	Cream, or rich milk, and
2 to 4 tablespoons butter	1/2 teaspoon salt

Wash and scrape the carrots. Cut them in small pieces. Cook them in a small amount of boiling salted water. When the carrots are tender, press them through a sieve, or a potato ricer. Add enough cream, or top milk, to make a creamy consistency. Add the butter also, and a fourth teaspoon of sugar, if you like. Reheat, and serve hot.

Tomorrow I'll broadcast another recipe, and a dinner menu.

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